



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35162, Caribou, hind quarter meat, raw (Alaska Native)

Report Date: May 31, 2017 02:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	72.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Energy	kcal	122	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	508	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein ¹	g	22.63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Total lipid (fat) ¹	g	3.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Ash ¹	g	1.23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Minerals													
Calcium, Ca ¹	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Iron, Fe ¹	mg	4.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Magnesium, Mg ¹	mg	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phosphorus, P ¹	mg	230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Potassium, K ¹	mg	320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na ¹	mg	52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn ¹	mg	2.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu ¹	mg	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn 1	mg	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Selenium, Se 1	µg	12.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Thiamin 1	mg	0.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Riboflavin 1	mg	0.962	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Niacin 1	mg	7.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Pantothenic acid 1	mg	2.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 1	mg	0.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total 1	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, food 1	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2007
Vitamin B-12 ¹	µg	7.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, RAE	µg	94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Retinol	µg	94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, IU	IU	312	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin E (alpha-tocopherol) ¹	mg	0.69	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Tocopherol, gamma 1	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta 1	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin K (phylloquinone) 1	µg	1.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lipids													
Fatty acids, total saturated	g	1.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
8:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
10:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
12:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
14:0 1	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:0 1	g	0.610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0 ¹	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:0 ¹	g	0.590	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:0 ¹	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
24:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total monounsaturated	g	0.940	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
14:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:1 undifferentiated ¹	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated ¹	g	0.860	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:1 ¹	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
24:1 c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total polyunsaturated	g	0.560	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated ¹	g	0.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:3 undifferentiated ¹	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:5 n-3 (EPA) ¹	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
21:5 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:5 n-3 (DPA) ¹	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA) ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cholesterol ¹	mg	81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD